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metro NEWS
Your essential daily news

Valentine's Day banned in Pakistani capital of Islamabad. **World**

Photography with impact

INCLUSION

Images capture key plays in gay rugby — and top award

Gilbert Ngabo
Metro | Toronto

What started as a modest school project has netted one of the world's most prestigious photography awards.

Giovanni Capriotti was studying photojournalism at Belleville's Loyalist College when he pitched a feature story about Muddy York Rugby Football Club, a Toronto-based gay rugby team. Nearly four years later, a selection of team portraits have earned him the 2017 prize for best sports photography at the World Press Photo competition.

"It was a total shock for me to find out I had won," Capriotti told Metro from Montreal.

He still remembers his early curiosity about Muddy York RFC when he arrived in Canada seven years ago from Italy. He saw the team wave flags at Pride Parades, but it wasn't until after graduation that he got in touch with the team, and started taking their photos for media outlets.

When the team participated in the Bingham Cup in Nashville last year as part of the International Gay Rugby Board, Capriotti figured he could take the story further. His winning project — called Boys Will Be Boys — depicted players in scrums to symbolize unity and togetherness, while others are candid shots portraying their everyday lives.

One of the 10 pictures featured in the Boys Will Be Boys project. COURTESY GIOVANNI CAPRIOTTI

"You can see that these guys are pushing against stereotypes. Their games are about inclusion," he said.

Team president Omar Aljebouri said being featured in a winning project is the kind of visibility that is empowering and inspiring for players.

"Most players have gone through personal experiences of rejection and the need for a safe place," he said. "The club becomes a welcoming family for players, where they can practise sports without dealing with the hardships of homophobia."

ABOUT THE TEAM

- Muddy York RFC currently has between 50 and 60 players. They're part of the Toronto Rugby Union, and play all year round.
- Info at muddyyork.ca.
- Ottawa and Montreal are the only other Canadian cities with gay rugby teams.

Toronto DIGEST

VALUABLES

Owner of gold case sought
Toronto police seek the owner of a lost iPhone 6, with a 24-karat gold case. The phone, with a London & HK Limited Edition gold case, was found near Sheppard Avenue East and Bayview Avenue last June. TORSTAR NEWS SERVICE

RUMOURS

Transit CEO not Oz-bound
The TTC is denying an Australian report that CEO Andy Byford is to head up Queensland Rail. Citing anonymous sources, the Brisbane Times reported that Byford's appointment to the Queensland transit agency was to be announced this week. TORSTAR NEWS SERVICE

CHILD WELFARE

Mom faces assault charges
Police report a mother allegedly tried to drown her son, 3, near a beach east of Toronto. An Ajax woman, 29, was arrested under the Mental Health Act and charged with attempted murder, aggravated assault and failing to provide the necessaries of life. CP

FATALITY

Man charged in hit-and-run
A man has been charged in a fatal hit-and-run last summer. A stolen Nissan Frontier killed Adam Colucci, 35, near Highway 7 and Keele St. Aug. 8. Dustyn Sharp, 19, is charged with failing to stop at the scene of a collision causing death and theft over $5,000. TORSTAR NEWS SERVICE

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Group races to revive beloved music venue

GENTRIFICATION

Hugh's Room the latest in a string of closures

Gilbert Ngabo
Metro | Toronto

Toronto is facing pressure to save live music venues currently facing threats of closure from the city's rapid gentrification.

Members of the Toronto Music Advisory Council (TMAC) met Monday to discuss measures that could protect existing music venues and help establish new ones.

Coun. Josh Colle, who chairs the special committee, said some of the recommendations to be submitted to City Hall include creating an exhaustive inventory of existing venues, supporting tourism marketing efforts and reviewing zoning bylaws to allow creation of more DIY music venues.

"We won't just become a museum of venues and freeze in time. It's a natural evolution," he said. "I really see this as the beginning of a conversation for a sustainable partnership."

In recent years, Toronto has lost key music venues such as The Big Bop, The Kool Haus, The Hideout, Not My Dog and many others.

The recommendations come as a community volunteer group is working around the clock to save one such venue in the city's west end.

Hugh's Room abruptly closed doors in January amid financial struggles. News of the closure of the 200-person capacity club came as a shock to many.

But a group of local business people, music promoters and venue operators are trying to help the venue stay afloat. They've been meeting weekly to share ideas on the project's future, and launched a fundraising campaign to turn the venue into a community-centred non-profit organization. The campaign has so far raised $57,000 of its $150,000 goal.

A community group is attempting to revive Hugh's Room, which was forced to close last month. TORSTAR NEWS SERVICE FILE

If successful, the Hugh's Room would re-launch its regular club shows by next month, and nearly 10 performance acts have already been scheduled, said the group's spokesperson Grit Laskin.

While the ultimate goal is to make Hugh's Room financially self-sustaining, the group is more concerned with continuing the venue's legacy of providing various genres and high quality of music.

SEXUAL ASSAULT

Bar faces backlash over 'no means yes'

A Toronto bar with signs that made light of sexual assault has patrons and critics speaking out about the latest instance of the trivialization of consent.

Locals Only, on King St. W. near Bathurst St., apologized Sunday for a "disgusting, derogatory" slogan seen on a signboard inside the establishment.

"No means yes & yes means a***?" read the sign.

"They're trying to be edgy, but in doing so they are just straight up promoting rape," said Katii Capern, a 24-year-old Ryerson University student whose social media posts ignited the backlash.

Capern said she was at Locals Only with friends on Saturday evening when she saw the sign.

It made her feel sick to her stomach, she said.

Capern said she tried to contact the bar the next day to complain. When her phone calls and emails went unanswered, she posted a photo of the sign to Facebook and the online sharing and trading platform Bunz.

Katii Capern TORSTAR NEWS SERVICE

That prompted other Torontonians to post photos of additional slogans they said they had seen at Locals Only, including, "Dry slump? Do the Trump" and "Too naughty to say no."

When Torstar News Service visited Locals Only on Monday, the sign appeared to have been taken down entirely from the bar wall. TORSTAR NEWS SERVICE

The sign inside bar Locals Only. PHOTO COURTESY KATII CAPERN

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Youth cabinet chalks up win

metro EFFECT

Financial skills will be added to Grade 10 career studies

May Warren
Metro | Toronto

The Ontario Ministry of Education will roll out a pilot "learning module" on financial literary in high schools after a call to action from the Toronto Youth Cabinet.

As first reported by Metro, the youth organization put together a petition last fall and met with officials to champion the issue.

Minister of Education Mitzie Hunter had announced in November that the government would add financial skills to the Grade 10 career studies course but offered few specifics.

Media spokesperson Richard Francella wrote in an emailed statement Monday that pilots would be finalized "in the coming weeks."

"A group of selected educators from across the province will be piloting a series of learning modules … one of which will focus on financial literacy that is engaging for 15- to 16-year-olds," he continued.

The ministry did not respond to follow-up questions.

Prakash Amarasooriya, a 24-year-old member of the Toronto Youth Cabinet who led the charge for financial literacy in schools, praised the move as "a great first step" but said his organization will continue to "keep vigilant" as the initiative rolls out.

He said the ministry agreed during meetings to high-level principles like putting information on budgeting, taxes and mortgages into the mandatory course.

> **By learning these skills, they can start being prepared for things such as credit cards.**
> Prakash Amarasooriya

Amarasooriya took up the cause when he realized many of his peers, even people with business degrees, had shockingly little knowledge about basic financial concepts.

"They'd come out of that with a lot of great theoretical things about finance and yet still have no idea how to manage the bank account," he said.

"If it wasn't for the coverage that Metro gave us initially, it wouldn't have picked up speed the way it did," he added.

After his parents were hit hard in the 2008 financial crisis, **Prakash Amarasooriya** got a crash course in managing his own finances. VINCE TALOTTA/TORSTAR NEWS SERVICE

KING ST

'Transit first' top choice

About 300 people attended a public consultation held Monday night by Toronto city staff involving a proposal to overhaul King St.

With standing room only, the Metro Convention Centre was packed, with some people being turned away at the door.

The east-west spine of the city, King St., is one of the busiest surface transit routes in the city ferrying 65,000 people on a usual weekday.

The three options available are: alternate loops with separated lanes for eastbound and westbound streetcars, and on every other block vehicle access is limited to taxis, delivery vehicles and local traffic with space for pedestrians; separate lanes for streetcars but no additional space for pedestrians; a transit promenade that would double the sidewalk space.

Coun. Joe Cressy said the most preferable options appeared to be the looping and promenade options. "The proposal is to put a 'transit first' approach." TORSTAR NEWS SERVICE

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35-year wait for island homes

REAL ESTATE

Sought-after young couples won't move in anytime soon

David Hains
Metro | Toronto

These Toronto Island homes may be cheap, but you'll have to endure a decades-long wait list if you want to get your hands on one. EDUARDO LIMA/METRO

If you're a young couple, Toronto Island wants you.

That's the message from Coun. Pam McConnell, who's concerned about the island's aging and declining population.

"There's a demographic change going on," she said. "The tradition of the Island has always been families, but now we're seeing more seniors."

Young couples, McConnell said, are actively being encouraged to join the waiting list for homes — which are some of the few remaining bastions of affordable living in Toronto.

Census numbers released last week illustrate her concerns. The island saw a 5.6 per cent population decline from 2011 to 2016, leaving only 620 residents.

The mainland population, meanwhile, has continued to explode over the past five years. Cityplace and South Core — two of the hottest neighbourhoods for young families and young professionals — grew by 97.2 per cent and 38.6 per cent, respectively. The GTA's population increased by 5.8 per cent overall.

Pushing reset on the island's demographics would mean a lot of changes.

Even if young couples join the waiting list for homes, they won't be young when space is offered.

A 2009 analysis by the local publication Torontoist estimated it takes 35 years between joining the waiting list — which is opened up every two or three years — and being offered a house. That's in part because so few people move away and because there is a federally regulated cap on the number of Toronto Island dwellings.

For any of that to change, a federal agreement — which protects the homes that are there and prevents additional development — would have to be reopened.

And the terms, reached in 1993 in a bid to protect both the land and the cottage-in-the-city lifestyle of the people living there, are near and dear to lots of hearts.

Until that agreement is renegotiated — a politically fraught proposition in itself — the trends proving themselves now appear likely to continue.

McConnell isn't holding out much hope for progress, noting its difficult for 23 councillors to agree on anything related to the island.

"Perhaps at some time people will be more reasonable," she said.

$200K-400K

Range of a 99-year lease for an island home.

$776K

Average cost of a home in Toronto.

MUNICIPAL AFFAIRS

Shan elected to city council

NDP-backed Neethan Shan will be the first Tamil-Canadian to serve on Toronto city council after he won a byelection in Ward 42 Scarborough Rouge-River, according to unofficial results on the city web site.

He won 4,763 votes in a crowded field of 29 candidates in a part of the city that held its third byelection in 13 months. His share of the popular vote was 45.7 per cent.

Shan ran a campaign promising to put "Scarborough First" after what he said has been decades of neglect at city hall.

TORSTAR NEWS SERVICE

Neethan Shan.
TORSTAR NEWS SERVICE FILE

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Topics will include:

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When: Wednesday, February 22, 6:30 p.m.
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Register now: www.rsnc.ca/diabetes

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ROBERT SCHAD NATUROPATHIC CLINIC

Rita Chahal, executive director of Welcome Place in Winnipeg, has asked the public and private sectors for fundraising help to assist the influx of refugees. JESSICA BOTELHO-URBANSKI/FOR METRO

Welcome Place needs funds, space

ASYLUM

Non-profit helps refugees get situated

Jessica Botelho-Urbanski
For Metro | Winnipeg

As staff at Welcome Place in Winnipeg held a press conference Monday to discuss their "maxed out" services, one of their volunteer drivers was headed to the Port of Emerson to pick up five more asylum seekers who crossed the border overnight.

RCMP said Monday they intercepted 28 people illegally coming into Canada over the weekend. Since Jan. 1, police have intercepted 69 men, women and children.

Rita Chahal, executive director of Welcome Place, said she recently held a six-month-old baby and looked into the eyes of two- and four-year-olds kids who trekked across the border with their parents Saturday in hopes of getting to Winnipeg.

"When I saw the little kids, I always think about 'What if something had happened?' We don't want to see a situation like we've seen a couple years ago that brought all of us to our knees," she said, referring to the image of Alan Kurdi, a Syrian toddler whose body washed up on the shores of a beach in Turkey in 2015.

Welcome Place temporarily housed 21 asylum seekers they picked up from the border in their own facility on Bannatyne Avenue. Chahal said this is technically not allowed by the federal government, who only pay them to help government and privately-sponsored refugees. The refugee claimants will be moved to other locations in the community soon, including the Salvation Army.

But the exception temporarily "wasn't a difficult choice for me," said Chahal.

"We have managed what might appear to be a crisis very quickly, very efficiently," she said. "We look at this from a very compassionate, from a humanitarian perspective. And when people come to our door and need our help, that's what we'll do. We'll help them."

Welcome Place is asking for financial donations from the public — not goods or food, which they don't have room to store.

The agency wants help from the city and province in finding temporary housing spaces for refugee claimants. Chahal said she spoke to Mayor Brian Bowman Monday about this, but had not yet heard from the province.

PREMIER IN TALKS WITH PMO

After a second weekend surge of asylum seekers crossed into Manitoba, Premier Brian Pallister said Monday his office is in talks with the Prime Minister's to determine safer solutions to border jumping.

"There has been a call to the Prime Minister on this issue... We've established an interdepartmental committee that is also investigating and researching ways to address this," Pallister said.

The premier said his first concern is the security of Manitobans, particularly those who live in Emerson and have been conflicted over whether to open their doors to asylum seekers making the treacherous trek into Canada."

JESSICA BOTELHO-URBANSKI/FOR METRO WINNIPEG

HOW TO MAKE A DIFFERENCE

- To donate to Welcome Place and the Manitoba Interfaith Immigration Council, visit miic.ca.
- Money raised by the public will go toward finding more temporary housing spaces, hiring more staff and more.

Backlogs addressed next month

The Immigration and Refugee Board will begin to triage and refer old and new claims for shorter hearings in March in an attempt to reduce its ballooning backlog, or at least to stop it from snowballing.

Through flexible scheduling and shorter hearing streaming, the Immigration and Refugee Board (IRB) hopes to increase the productivity of its 119 decision-makers by 15 to 20 per cent, said Paula Thompson, the board's chief of staff.

The redeployment, announced earlier in February, came on the heels of U.S. President Donald Trump's anti-refugee policies and Canada's lifting of the visa requirements for Mexican travellers in December. However, Thompson said the board's move was not prompted by these events.

TORSTAR NEWS SERVICE

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t is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

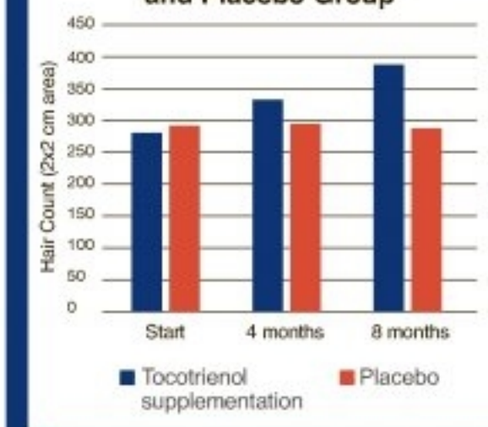
A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.

Hair Count in Study Group and Placebo Group



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5 REVEALING MOMENTS FROM THE TRUMP-TRUDEAU MEETING

1. A mutual peace pact
Trudeau's steadfast refusal to criticize Trump made news even in America. ("Trudeau ducks question on Trump's travel ban," read the headline in Politico.) But just as notable was Trump's refusal to criticize Trudeau.

The president was impassive even when prodded on live television. Asked a question about the Canadian border and Trudeau's acceptance of Syrian refugees, Trump chose to tout his efforts to deport illegal immigrants — most of whom are Hispanics who live far from the 49th parallel.

It was a dodge. But it was a dodge that suggested Trump would not attempt to exact retribution against a Liberal who has taken unsubtle passive-aggressive jabs at him for more than a year.

2. A fair shake
Vladimir Putin has the shirtless horseback ride. Donald Trump has the intense handshake. At 70, the ferocious alpha-grip is how a president obsessed with dominance shows off his physical prowess. Trudeau, former drama teacher, came prepared for the performance, suitably impressing people who care about handshakes.

3. Flynn forgotten
One key story out of the joint news conference was what wasn't asked: a question to Trump about National Security Advisor Michael Flynn over reports he discussed sanctions against Russia with Russia's ambassador before Trump took office, then lied about it.

"HOW IS THERE NO FLYNN QUESTION!?!?!?!?!" MSNBC host Christopher Hayes wrote on Twitter. The answer: the White House made sure there was no Flynn question.

The Canadian and American media contingents each got to ask two questions. The Canadians drew names from someone's palm to decide which reporters got to do the asking. The American interlocutors were selected by Trump officials.

4. Almost normal
"We're guided by the same values," President Barack Obama said when welcoming Trudeau to the White House last year. "We share the same values," Trump said beside Trudeau on Monday.

"Americans and Canadians — our brave men and women in uniform — have paid the price together," said Obama. "American and Canadian troops have gone to battle together, fought wars together," said Trump.

The tone was not especially warm. There was an unprompted Trumpian ramble-boast about the size of his victory in the Electoral College. ("Very, very large.") But the day was notable, in large part, for its boring conventionality.

5. Ivanka in charge
The Canadians had a stroke of strategic inspiration: get in Trump's good books by doing a kind of favour for his daughter.

The executives who were part of a White House discussion the advancement of female business leaders came away with praise for the joint initiative. Ivanka impressed the participating businesswomen with her thoughts on the cause. ("Progressive," one said later.)

And then, after they left the building, she advertised herself — tweeting a photo of her sitting at the president's desk, a progressive prime minister behind her.

TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau and President Donald Trump meeting in the

BODY LANGUAGE

Handshakes and how

It's clear Canadians were watching Justin Trudeau and Donald Trump's first official meeting intently Monday morning, but who had the upper hand?

Trump, fast becoming the poster boy for awkward handshakes after an agonizing 19-second handshake with Japanese Prime Minister Shinzo Abe, is said to be self-conscious about how his hands are perceived.

Trudeau stepped out of his motorcade at the White House and immediately shook Trump's hand. This was to his benefit, according to Mark Bowden, an expert in human behaviour and body language who created the company Truthplane, a communication training company.

Trudeau and Trump were in close quarters, meaning the president

Oval Office at the White House on Monday. GETTY IMAGES

they really shake out

couldn't pull the prime minister in and force him off balance, something Trump often does to assert dominance, Bowden said.

"I think Trudeau for sure held his own," Bowden said.

But Trump wasn't done. He placed his hand on top of Trudeau's shoulder, another show of dominance, according to Bowden. Trudeau responded in turn, placing his hand on Trump's arm.

Later, while seated, they shook hands again. This time, Trudeau may have come out on top.

"What's interesting is Trump actually offers Trudeau the upper hand," Bowden said.

Trudeau also leaned into the handshake, "encroaching on Trump's territory," Bowden said. TORSTAR NEWS SERVICE

PAKISTAN

Valentine's Day gets banned in Islamabad

A Pakistani judge on Monday banned all Valentine's Day celebrations in the country's capital, Islamabad, saying they are against Islamic teachings.

The judge ruled on a petition seeking to ban public celebrations of the Western holiday, court official Niaz Saleh said. He said the order had been sent to Pakistan's media regulator to ensure a blackout on any Valentine's Day promotions in print or electronic media.

The ban applies only to Pakistan's capital as the Islamabad high court has no jurisdiction beyond the city.

Islamist and right-wing parties in Pakistan view Valentine's Day as vulgar Western import. THE ASSOCIATED PRESS

150 WAYS of looking at Canada

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METROLINX

metro VIEWS
Your essential daily news
Tuesday, February 14, 2017

PAUL WELLS ON TRUMP'S INSIDE CIRCLE

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags.

By presenting Donald Trump with a print of this 1981 photo, Justin Trudeau signalled he has the secret handshake to enter the president's 'weird bunker, writes Paul Wells. LIBRARY AND ARCHIVES CANADA

The photo wasn't a small thing. It was a token of insider status. It was Justin Trudeau's wristband.

On arriving at the White House on Monday for his first face-to-face meeting with Donald Trump, Justin Trudeau brought a gift, a framed print of a photo showing Pierre Elliott Trudeau and Donald Trump at a function in the Waldorf Astoria in 1981. The elder Trudeau was receiving the Family of Man Gold Medallion Award. Trump, then about 34 years old, was offering remarks at the podium. Both men were in tuxes.

Justin Trudeau's first telephone conversation with Trump was last Nov. 9, the day after he amazed the world by winning the electoral college and the presidency. Trump mentioned that he had met Trudeau's father back in the day and admired him. This was news to Justin Trudeau. But apparently detectives were put on the search, and photographic evidence was unearthed at Library and Archives Canada. Print, frame, Bob's your uncle.

Now here's why it matters: Donald Trump has spent his life dividing the world into people who deserve to get in and people who don't.

That's how he became the target, at 27, of a justice department lawsuit in 1973 that claimed he and his father refused to rent to black tenants. (The Trumps countersued; the eventual settlement included no admission of guilt.)

It's what Trump seeks to do along the Mexican border. It's why he keeps smacking his head against the courts and the U.S. Constitution as he seeks to close America's borders to visa-holders from seven predominately Muslim countries.

It's what he does with membership fees at Mar-a-Lago and other exclusive Trump clubs. It's what he has taken great pleasure in doing as he selects members of his cabinet.

If Trump decides you're not allowed in, you get nowhere with him. He mocks you on Twitter, makes policy just to spite you, summons the sputtering apparatus of the White House staff and the rickety machinery of government to shut you down, if any of them can manage the task.

But if he accepts you, you actually have some latitude with him. The most astonishing example so far is the way he let Gen. James Mattis do, once Mattis became his nominee as defence secretary, what nobody else had succeeded in doing: persuade Trump that torture is useless as an instrument of government policy.

Trump's attitude is summarized in the lyrics, at first comic and then haunting, of Paul Simon's recent single, "Wristband": "Wristband, my man, you've got to have a wristband/ If you don't have a wristband, my man, you don't get through the door."

Justin Trudeau decided early that he was better inside the door than out. Two pieces of political theatre yesterday were designed to get him in.

First, the photo. It shows that when Trump spins a random old yarn over the phone, Trudeau listens and acts. And it reminds Trump that two successive generations of Trudeaus have been the kind of people who could walk through the kind of door only Donald Trump can open. That's what a wristband does.

Second, the round table on women entrepreneurs with Ivanka Trump.

The president has been in open conflict with the Nordstrom department-store chain for a week because Nordstrom dropped Ivanka Trump's line of clothing and accessories. He has sent White House staffers out to plead her case, and castigate Nordstrom, on the news shows. In Canada, some are calling for a boycott of The Bay because the chain won't drop Ivanka Trump's merchandise.

And what does Trudeau do in the middle of all this? His office organizes an event with Ivanka Trump, sits with cabinet ministers and senior staff at a long table to hear her ideas, makes her the focus at midday of an international summit.

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags. Family is family. Trump's is welcomed and accepted, in the middle of a storm, just as Trudeau's father was accepted at some society shindig Trump attended a generation ago.

From this basis, miracles need not ensue and trouble is not banished. At their joint news conference, Trump seemed plainly bored by the bilateral issues the two had discussed, eager to change the subject to Mexicans or terrorism or Mike Flynn, his embattled national security adviser — who has his wristband, was welcomed inside the perimeter long ago, and whom Trump was therefore in a mood to defend.

Trudeau's gamble is that by getting in close to Trump — closer than many Canadians on the centre and left want him to get — he'll have voice and standing inside that weird bunker, for as long as Trump influences our two countries' shared life.

Paul Wells is a national affairs columnist for the Toronto Star.

All eyes were on Trudeau at a sit-down for women leaders in business hosted at the White House. AP PHOTO/EVAN VUCCI

Feminist photo-op fail

When the world leader with the most enviable hair met the one with the least enviable comb-over, no bromance was to be expected.

Justin Trudeau campaigned (though hasn't exactly governed) on policies so progressive he was often photoshopped alongside a unicorn. Trump campaigned on rhetoric so divisive he became synonymous with Pepe the alt-right frog.

When the pair met Monday, Trudeau, in cliché Canadian form, was perfectly polite, avoiding criticism of the chaos-inducing travel ban and focusing on "middle class families."

It would have been a perfectly respectable, if slightly icky, meeting for Trudeau.

But on women, he blew it.

Working with the U.S. on economic issues makes sense. Offering the leading misogynist of the free world a cozy photo-op to make he and his administration appear pro-women? It's ill-informed, shows poor judgement and is exceedingly creepy.

By offering an olive branch in the form of a bilateral task force on women in business, Trudeau is lending what feminist cred he has left to a man whose pussy-grabbing spawned an international hat trend and sparked the Women's March, arguably one of the largest protests in U.S. history.

And Trudeau's efforts are also wholly useless.

The idea that a Republican-controlled Congress will make meaningful efforts to improve child care or fund maternity leave is laughable, to say nothing of addressing the systemic sexism.

This is the party of the North Dakota lawmaker who suggested Sunday mornings are when wives serve husbands breakfast in bed. The same party pushing in Oklahoma to make a man's consent mandatory for all abortions.

For decades, Republicans have fought women-friendly workplace reforms, hiding sexist ideologies under a pro-business guise.

Even Trump's proposed tax-break plan for child care has been debunked as a move that would enrich comfortable families and do little to help poor ones.

"We just had a very productive meeting with women business leaders ... where we discussed how to secure everything that we know — the full power of women, can do better than anybody else," Trump said — unintelligibly — in a press conference Monday.

But the message was clear: "I care about women!" he was saying, as Trudeau smiled on like a nutritionist who jumped into bed with the soft drink lobby.

And just as doomed.

Rosemary Westwood relocated from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

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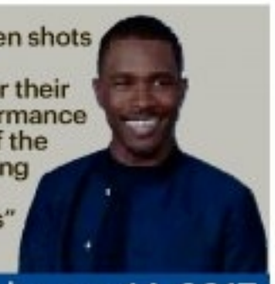
metro LIFE

Your essential daily news

Tuesday, February 14, 2017



Frank Ocean has taken shots at producers of the Grammy Awards over their criticism of his performance at the 2013 edition of the show as "faulty," saying that he experienced "technical difficulties" during the song.

Venue booked, dress ordered – proposal ETA?

NEW AGE NUPTIALS

Millennials part with traditions in the move towards event weddings

Megan Haynes
For Metro Canada

Katherine North, 30, can't wait for her wedding day. Her dress has been ordered. Her bridesmaids planned a bachelorette. The save-the-dates went out. She and her partner booked a venue in October, 2016. All that was missing was the proposal.

After attending a season full of weddings at hotels and golf courses, their decision to marry at an Ottawa restaurant came down to a desire to do something a bit different, she said. But more importantly, they wanted to be pragmatic: with average wedding costing couples $31,000, she and her fiancé knew they didn't want to spend a lot of money on their nuptials.

The restaurant — Salt — was within their price range for the meal, and meant they saved money on decor, the ceremony fee and even music. It had an opening for the upcoming June long weekend, but the space was booking up fast.

"We said, why not — we didn't want to miss an opportunity," she says.

The fact that he hadn't yet proposed wasn't of concern — they both knew he would. Just before her birthday in January, he dropped to one knee and asked her to marry him. Of course, she said yes.

She's part of a growing trend of millennials writing their own rule books when it comes to weddings. While 66 per cent of couples are opting for more traditional affairs, one in three prefer less formal and more unique ceremonies, one 2015 survey from bridal magazine Wedding Bells found.

Gone is the cookie-cutter recipe for a wedding: From destination weddings that eschew the tropics (a ceremony in Iceland, anyone?) to the bride dropping to one knee (it's 2017!) to cakeless meals, young adults want a ceremony that is uniquely them.

Many are looking to create exceptional experiences for their guests, says Markham, Ont.-based Tracey Manailescu, co-founder of The Wedding Planner's Institute of Canada and a wedding planner.

For many of her clients, the entire wedding is meant to be an event guests will always remember — something that stands out from the crowd of other ceremonies they might have had to attend in the past. For some, that means opting out of certain expensive traditions to put money elsewhere.

> **I'll probably pick up some flowers from Loblaws or something.**
> Katherine North, bride to be

She points to a couple of her clients choosing inexpensive dress from stores like Le Chateaux or Forever 21, and instead putting that money into a more robust bar or live entertainment (acrobats are a hot act in the wedding space right now, she says). "They're finding other ways to save money to create that experience," she says.

While not cheaper than weddings in tropical locations, she's also helped plan ceremonies for people in more unique locales, like Iceland or Italy. The parties tend to be smaller to help contain costs, but in the end, it's a different type of experience for the guest, she says.

Halifax-based Katelyn Hipson, CEO and creative director of elegant productions planning and design, concurs. Her guests are skipping certain traditions entirely, like the wedding cake or the extended family shindigs. "My clients are less inclined to spend money in areas that don't matter to them just for the sake of tradition."

For North, who is trying to keep her budget under $10,000, she and her fiancé figure they can spend their money on things, like a new car or an exotic trip.

"I'll probably pick up some flowers from Loblaws or something — we'll keep things simple," she says. "It's my wedding. I don't want to have to stress about it."

Katherine North and her fiancé Waheed Obaidi took a pragmatic approach to their wedding plans. Hoping to spend less than $10,000 and save money for an exotic trip or a new car instead, they had everything booked before Obaidi even proposed. CONTRIBUTED

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Time for self-love on V-Day

ADVICE

Five simple tips for indulging yourself on this —or any— day

Ali Vanderkruyk
For Metro Canada

Whether you're in a relationship or not, take a break and practise self-care this Valentine's Day.

Girl Crush, an intersectional feminist speaker series, hosts an event Wednesday at Tranzac Club called The Ethics of Self-Care, which aims to counteract the material pressures of the international day for loved-up couples.

In the words of the co-organizers, Kate Barss and Temma Pinkofsky: "Self-care is recognizing the critical importance of giving permission within our daily lives to look after ourselves."

"As female-identifying individuals, the burden of care often falls on us to look after the physical and emotional needs of others. The idea of self-care asks us to work towards and make space for recognizing our own needs," they continue.

Here are five suggestions on how to practise self-care this Valentine's Day, and for that matter, every other day:

SELF-CARE OR SELF-DESTRUCTION? HERE'S ANI CASTILLO'S TAKE

Well, the state of the world is anxiety provoking as of late. What that happens, the responsible thing to do is what I call "little acts of self-pampering"
TIME FOR A SELF HUG
The problem comes when I BEGIN TO LOSE CONTROL
THIS CAKE WILL NUMB MY EMOTIONS
It could be relaxing in a nice bubble bath. Or eating a small piece of dark chocolate...
When I don't realize I'm spending it.
JUST PUT THIS ON MY CREDIT CARD!!
Buying a fit something nice...
When I'm avoiding reality through mindless consumption.
I DON'T REMEMBER WHO I AM...
Indulging myself on some kind of guilty pleasure...
JOURNALS
Furry videos
Puppies
Memes
At that point, I know the responsible thing to do is go and find healthier coping strategies. Because I REFUSE to let self-care turn into self-destruction!
© Ani Castillo

1. Expect a little less

Dial down your expectations for yourself for one day. Give yourself space to feel grief, anger, frustration, and helplessness.

Then, take time to realize that this is not all of your reality. Remind yourself what brings you joy; tell a friend you love them. Go for a long walk and rediscover your neighborhood.

2. Make you the focus

Cancel a plan you do not want to go to and plan an activity for yourself: take a bath, put on clothes (or take off clothes) that make you feel sexy and take a photo (just for you), masturbate, go to a movie, read a book, dance.

3. The big switch off

Take a conscious break from social media. Close your laptop; turn off your phone. Being informed does not mean you have to be plugged into a feed 24/7.

4. Rest...rest well

Simple pleasures are the best — Go to sleep early.

5. Calming connections

Allow others the space to self-care. Connect with people who share your concern about what is happening in our country and our world. Talk to people who may be going through a difficult time, especially members of vulnerable or marginalized communities. Let them know you support them. Smile at strangers.

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Study explores HIV trends in cities

SEXUAL HEALTH

Researchers look at causes and attitudes in urban centres

May Warren
Metro | Toronto

A new study of more than 2,400 men across Vancouver, Montreal and Toronto hopes to shed some light on why HIV rates are so high among gay and bisexual men in those cities compared to the rest of Canada.

Over the next four years researchers will do HIV and sexually transmitted infection testing, as well as distribute qualitative questionnaires in what they're calling "Engage."

They want get at attitudes towards the disease and access to healthcare in the face of massive changes in the treatment and prevention of HIV over the past three decades, said Trevor Hart, one of the lead researchers and a clinical psychologist.

"We want to have our finger on the pulse of gay, bisexual and other men who have sex with men across these three big cities which really foretells what will be occurring in the rest of the community across the country," he said.

BY THE NUMBERS

16%
Estimate of the proportion of gay, bi, and other men who have sex with men living with HIV in Vancouver.

23%
Estimate of the proportion of gay, bi, and other men who have sex with men living with HIV in Toronto.

SOURCE: PUBLIC HEALTH AGENCY OF CANADA, 2011

"This is going to be one of the largest studies of its kind, examining how a lot of the changes that have taken place around HIV are affecting both sexual behaviour and mental and physical health and wellbeing."

To find those who've been underrepresented in other studies, like trans men and people of colour, researchers will get men to recruit others in their social networks, from Grindr — a dating app — to volleyball leagues.

Most of the members of the research team are gay and bisexual men themselves, Hart noted, and the goal is to both inform future heath policy and include the community in future discussions, instead of treating them like "guinea pigs."

While some may move to big cities like Toronto and Vancouver to get better HIV care, Hart said it is "concerning" that rates are still so high among gay and bisexual men in urban centres.

Cameron Dunkin, manger of research at the Canadian Foundation For AIDS Research (CANFAR), one of the funders of the study, said there is sometimes a "sense of lackadaisicalness" about the virus.

"You do have some apathy sometimes where people just aren't as afraid of HIV because there's medication and the assumption that they'll be fine and it doesn't really matter if they contract it," he said.

But despite all the advances, science still hasn't gotten rid of the fear and shame that can surround the disease, said Ryan Lisk, director of community health programs at the AIDS Committee Of Toronto.

That can mean some people don't get tested at all, and put others at risk because they aren't on treatment. Others test positive, but might have trouble getting medical care.

"Our concern is often about how people can fall between the cracks," said Lisk. "Stigma still is the number one issue."

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Provide a personal account, in 250-500 words, explaining why this nurse deserves to be recognized with the Nightingale Award. This may include a brief description of his or her qualities, care of patient, specific examples of the nurse's efforts and dedication, and the difference he or she has made to your life or the lives of others.
NOTE: Your account must have taken place between January 1, 2016 and February 28, 2017. Nominee must be registered with the College of Nurses of Ontario. Nurses may not be nominated by a member of their family.

Send your nomination to: Nightingale Award Nomination, One Yonge Street, 4th Floor, Toronto, ON M5E 1E6. Or online at: thestar.com/nightingale

Deadline for nominations: March 16, 2017

metro SPORTS

Tennis umpire Arnaud Gabas had surgery on a fractured bone under his left eye after being hit by a ball struck by Canadian Denis Shapovalov

Spring in Jays' step

A large portion of the headlines the Blue Jays made over the off-season centred around the inability to re-sign slugger Edwin Encarnacion. Toronto was able to retain Jose Bautista, however, and the reunion could pay big dividends for player and team alike. Here are five other storylines to watch as pitchers and catchers report to the Jays' spring training facility in Dunedin, Fla., Tuesday.

1 They're set

Toronto's top asset is its starting pitching. Boston's off-season addition of ace left-hander Chris Sale may have made the Red Sox early favourites to repeat as AL East champions, but it's the Blue Jays who boast arguably the league's best rotation. The staff is led by reigning AL ERA champion Aaron Sanchez and 20-game winner J.A. Happ, with Marcus Stroman, Marco Estrada and Francisco Liriano rounding out a strong starting five.

2 They're not

Middle relief and left-handed options could be sore spots for fifth-year Blue Jays manager John Gibbons. Toronto lost two veteran relievers over the winter, with left-hander Brett Cecil leaving for St. Louis and right-hander Joaquin Benoit moving to Philadelphia. Shortly before spring training, the Blue Jays beefed up their bullpen by signing left-hander J.P. Howell and right-hander Joe Smith to handle the innings ahead of veteran setup man Jason Grilli and dependable closer Roberto Osuna.

GETTY IMAGES

NATHAN DENETTE/THE CANADIAN PRESS

3 New look

Wary of missing out on their preferred alternatives after Encarnacion turned them down, the Blue Jays acted swiftly to sign DH Kendrys Morales to a three-year, $33-million contract, then gave 1B/OF Steve Pearce a two-year, $12.5-million deal. Toronto targeted the switch-hitting Morales to help balance a lineup that was right-handed heavy in 2016.

GETTY IMAGES

4 Prized prospect

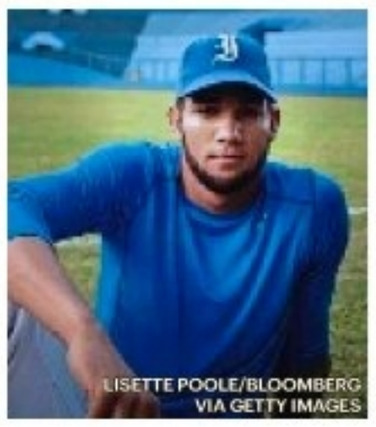
Toronto's most intriguing off-season move was the signing of Cuban prospect Lourdes Gurriel Jr. to a seven-year, $22-million contract. The younger brother of Astros infielder Yulieski Gurriel and the son of a Cuban baseball great, the 23-year-old will likely start the season at Double-A, where he is expected to get regular time at shortstop.

GETTY IMAGES

5 On deck

With few position battles in play, the Blue Jays will spend spring training sorting out bullpen roles and settling on a backup to catcher Russell Martin, with minor-league signing Jarrod Saltalamacchia the most likely candidate. Gibbons and his staff will also have to decide who to bat in the leadoff spot. After walking 87 times in 517 plate appearances during the regular season last year, Bautista moved up from third to hit leadoff in Toronto's final three playoff games. If Bautista doesn't get the job, it could go to second baseman Devon Travis.

THE ASSOCIATED PRESS



LISETTE POOLE/BLOOMBERG VIA GETTY IMAGES

RAPTORS

Lowry's anger shared by Casey

His voice may have been the most resounding in the Toronto Raptors locker-room on Sunday night, but Kyle Lowry is hardly alone in his dissatisfaction.

The guard called for change after a narrow defeat to the Detroit Pistons that night, a game which saw the Raptors squander a 16-point lead heading into the fourth quarter.

Kyle Lowry
GETTY IMAGES

But Lowry stopped short of sharing just what changes he believed were necessary, clamping down with the intention to "keep my mouth shut, keep it professional."

On Monday, Lowry denied speculation that his critique was directed at head coach Dwane Casey, saying his comments were more general.

"They were more so me saying, 'We've got to do things, change things, myself get better and hold guys accountable more,'" he said.

"I don't do anything but play basketball. I don't make management decisions, I don't make coaching decisions. I say what I feel from my heart. At the time, that's how I felt."

Casey did not take his player's analysis as a personal slight. If anything, he said he understands Lowry's take.

"We're all frustrated," Casey said. "I take that as frustration. Kyle and I, we have a husband-wife relationship that's good and bad. We go at each other but at the end of the day we know that we're in the foxhole together." TORSTAR NEWS SERVICE

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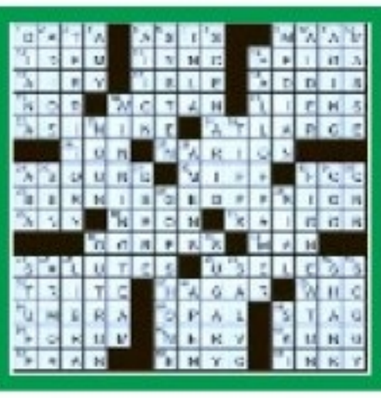

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Making Mexico berate again

WRESTLING

U.S. fighter uses Trump to whip lucha libre fans into a frenzy

He's the guy Mexicans love to hate: An American pro wrestler has become a sensation in Mexico City by adopting the ring persona of a flamboyant Donald Trump supporter.

Sam Polinsky, aka Sam Adonis, revels in being a target for "lucha libre" fans who use him as a stand-in for the new U.S. president, whose pledges to step up deportations, build a wall along the U.S.-Mexico border and lure jobs back to the U.S. have earned the anger of Mexicans like no president before.

THE ASSOCIATED PRESS

The crowd at the capital's Arena Mexico erupts in screams, boos, jeers and sarcastic whistling when Adonis appears wearing a Trump-esque orange tan, his blond locks streaming from a head band and waving an American flag emblazoned with a photo of Trump. "Out! Out!" the crowd roars. The native of Pittsburgh came to Mexico last year and the Trump campaign gave him the unparalleled chance to play the ultimate ring villain.

"Right now, I would be considered by the Mexican public as the most malicious bad guy they have," Polinsky said with a smile before a match Sunday that — spoiler alert — he predictably lost. Polinsky is happy to endure the boos in pro wrestling's high-camp show of good vs. evil — and Mexico's "lucha libre" has the added long tradition of foreign villains.

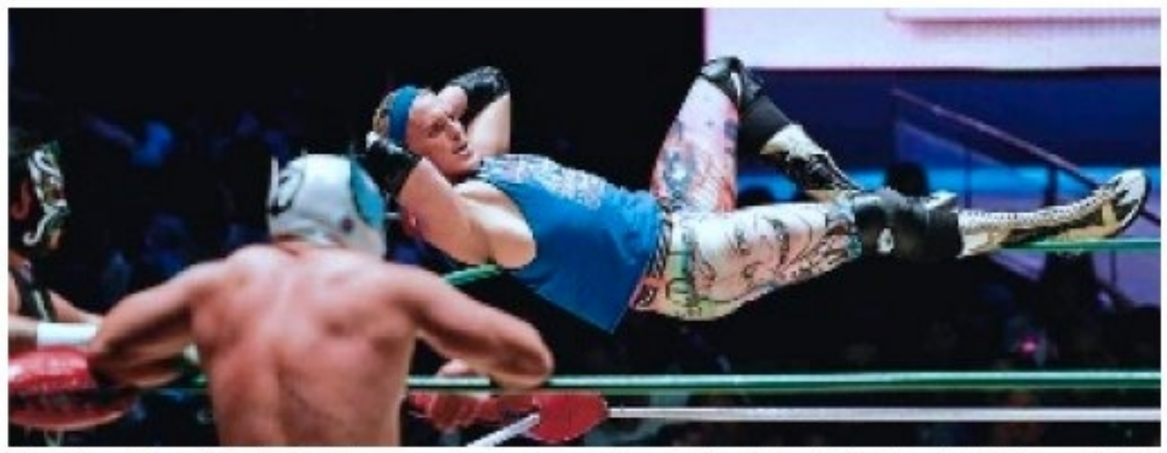
"I'm very proud of the fact that I am able to evoke a genuine hatred, a genuine hate which is generally lost in professional wrestling due to the fact that most people realize that it is what it is — it's more along the lines of a show," Polinsky said. There is little doubt he gets a rise out of the crowd.

Wrestling fan Gerardo Romero was among those booing Sam Adonis. "There is a lot of ill will for Trump's character, and because of that every time they hit him, we enjoy it," Romero said.

But it's all about the show, as Trump himself knew during his involvement with U.S. pro wrestling in the 1990s and 2000s.

"It's no different than Spiderman or Batman. You need a very, very bad villain in order to invoke the sympathy for the hero," Polinsky said. "As I see it, the more malicious, the more evil I can be for the Mexican public, the happier the Mexican public are when they see their Mexican heroes destroy the enemy."

Which is just what happens, of course. Wrestlers working under the names of Blue Panther, Triton and Drone took apart Sam Adonis and his trio of allies with a battering combination of flying kicks and "back breakers." Fan Rafael Martinez, who wore a white-and-gold mask to the match, explained the crowd's reaction.



American Sam Adonis is using a ready-made supplement to help ratchet up vitriol towards his lucha libre character in Mexico: Donald Trump. EDUARDO VERDUGO/THE ASSOCIATED PRESS

"What a lot of people think is that if they're expelling Mexicans from the United States, then why do we want them (Americans) here."

But even though Sam Adonis has had vile epithets, popcorn and beer thrown at him in the ring, it's all show in the end.

"The truth is, we Mexicans are very open to foreigners," Martinez said. "We are a warm people." Polinsky attests to that.

"I can honestly say I'm pretty surprised how the Mexican public comes to me after each event," he said. "Those same people that can't scream enough, can't get their emotions out enough, are the first ones to come up to me and ask for a picture with their kid, or the first ones to shake my hand and say, 'Hey, great show.'"

In the end, he adds, he is helping the fans.

"I can whip up a frenzy in the arena that no other wrestler can, getting people to forget about their jobs, forget about their problems at home for that 25 to 30 minutes in the ring. All that they care about is getting their frustrations out on Sam Adonis in the ring, and for that I'm proud," Polinsky said. "What they want to say to Donald Trump they can say to me and feel good about it."

As for the president, Polinsky said he doesn't agree with all of Trump's pronouncements, particularly his criticisms of Mexico, but he still admires aspects of the leader's approach.

THE ASSOCIATED PRESS

IN BRIEF

Younger Sandusky arrested on child sex charges

One of Jerry Sandusky's sons was charged Monday with sex crimes involving two girls, more than five years after the former Penn State assistant coach was himself first arrested on child molestation charges.

Jeffrey S. Sandusky, 41, was charged by state police and arraigned by a district judge in Bellefonte, Pa., on 14 counts. He was jailed on $200,000 bail.

Police accused him of soliciting naked photos from a then-16-year-old girl last year and seeking oral sex in 2013 from her then-15-year-old sister. THE ASSOCIATED PRESS

Manchester City second after beating Bournemouth

Manchester City overcame Gabriel Jesus' early departure because of injury to beat Bournemouth 2-0 and climb to second place in the English Premier League, eight points behind Chelsea on Monday.

Raheem Sterling's 29th-minute strike and an own-goal in the 69th from Tyrone Mings, who deflected in an effort from substitute Sergio Aguero, earned City a third straight league win. The victory meant Pep Guardiola's men leap-frogged Liverpool, Arsenal and Spurs, moving from fifth to second. THE ASSOCIATED PRESS

Jordan and Silver help patch up Oakley's MSG problems

Michael Jordan and NBA Commissioner Adam Silver are helping repair the relationship between Charles Oakley and Madison Square Garden chairman James Dolan.

Oakley and Dolan met with Silver on Monday with Jordan participating by phone, a statement said. Oakley was arrested last Wednesday following an altercation while attending a Knicks game, and Dolan banned the former Knicks star from the arena two days later. Silver says the statement that both sides were apologetic and Dolan hopes Oakley can return to MSG. THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Classic Falafel Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll feel like you eating an authentic falafel — warm and dripping tahini — if you make these easy sliders.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Makes 6 to 8 burgers

Ingredients
- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 Tbsp flour
- 2 tsp ground cumin
- 1 1/2 tsp salt
- 1 tsp ground coriander
- 1/2 tsp chili powder
- 2 Tbsp grape seed oil for cooking

Directions
1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.
2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a course meal forms.
3. Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.
4. Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

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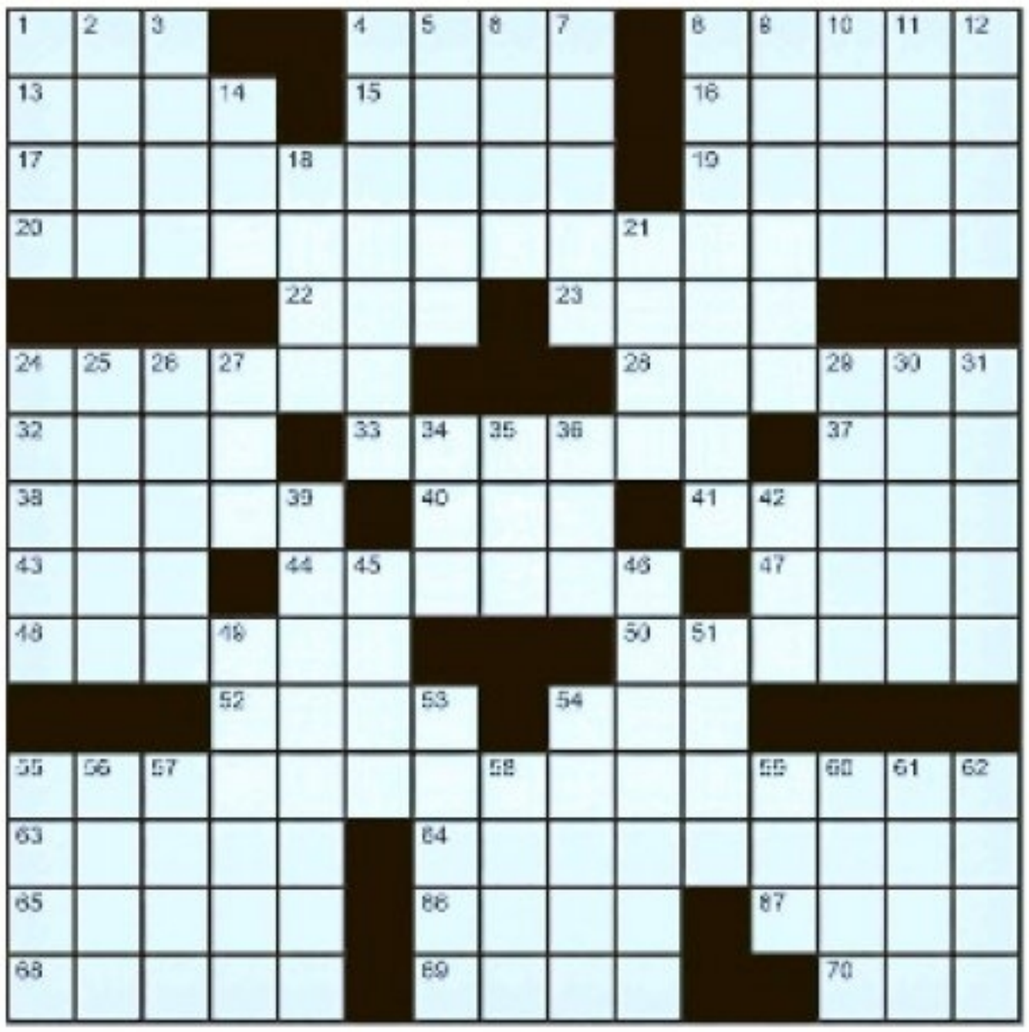
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bling in a ring
4. Petri dish gel
8. Cache
13. Ms. Thurman's
15. Golfer's warning!
16. Hogwash
17. "If You Could Read My Mind" by Gordon _
19. Detection device
20. Love song of 1993 by Bryan Adams: 3 wds.
22. Mac rivals
23. Oxen harness
24. Getting one's beauty sleep: 2 wds.
28. Soil toiler
32. Pinot _ (Wine variety)
33. Really right: 2 wds.
37. Electric guitar, in slang
38. Canadian actress, _ Lee Williams
40. Be behind in bills
41. _ community (Exclusive residences locale)
43. "_ My Party" by Lesley Gore
44. Neil Young bandmate Stephen
47. Whirring sound
48. Wine and _ party
50. Great deal
52. Speed along on the job
54. Shoe width size
55. Opening words of "Beauty and the Beast" by Celine Dion and Peabo Bryson
63. The _ on the cake
64. Valentine's Day symbol that's different from the usual red: 2 wds.
65. Adventurer's watercraft
66. Old Testament son
67. 'ence' word-ending alternative
68. Goulashes
69. Grate
70. House temp. coolers
st

DOWN
1. Mouthful of a milkshake
2. Oscar-winner Mr. Jannings
3. Illusionist, archaically
4. Impacts
5. Blunders
6. 'Buck' suffix
7. Attempt again
8. Eye-catching
9. Go on a journey
10. Parliament Hill worker
11. Canned meat brand
12. "From _ to Eternity" (1953)
14. Retro rock's _ Na Na
18. Chef's li'l measurements
21. Attend the event: 2 wds.
24. Shenanigan
25. Chocolate, cake, candies, yum! Sweet _
26. Hair salon service
27. 'Brew' suffix
29. Lovely language
30. Overwork
31. Use the towel again
34. Luau dish
35. Hedwig, for one, of books
36. _. number
39. Mitigates/alleviates
42. Mr. Vigoda
45. Dick Tracy's beloved
46. Assert yourself vocally: 2 wds.
49. Prior to this time, in verse
51. Grateful Dead bassist Phil
53. One optimistic about the results
54. Mrs. Garrett's gourmet shop on "The Facts of Life", _ Edibles
55. Partners for Tacs (Mint candies)
56. Curious as _ _
57. Queue
58. Ms. Kudrow
59. Golf peg
60. Collector's suffix
61. "Happy Days" mom: wd. + letter
62. Quebec 'summers'

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is a mixed bag. It's easy to talk to friends and groups. However, later in the day, you might be at odds with a partner, spouse or close friend.

Taurus April 21 - May 21
Conversations with bosses and authority figures today will go well. Nevertheless, someone or something behind the scenes will annoy you.

Gemini May 22 - June 21
Something unusual, perhaps from another country, will stimulate you in a creative way today. It might even affect your involvement in sports. Avoid arguments with someone later in the day.

Cancer June 22 - July 23
If you need support from others at home or for a family situation, you might get it today. However, you will have more difficulty talking to a parent, boss or authority figure.

Leo July 24 - Aug. 23
This is a chatty day for you. Conversations with partners and close friends will be positive and stimulating. By contrast, avoid political and religious discussions today.

Virgo Aug. 24 - Sept. 23
Related discussions about money, cash flow and finances will go well today. However, discussions about shared property or differing values might create an argument.

Libra Sept. 24 - Oct. 23
With the Moon in your sign today, you are luckier than all the other signs. Plus, this is a playful, fun-loving day! Nevertheless, be patient with partners and close friends

Scorpio Oct. 24 - Nov. 22
You will prefer to work behind the scenes today because it feels better. This could help you complete repairs at home or have an important family discussion.

Sagittarius Nov. 23 - Dec. 21
Expect to have a happy conversation with a female acquaintance. You might want to discuss future goals. (Parents must be patient with kids today.)

Capricorn Dec. 22 - Jan. 20
You are high-viz today, because the Moon is at the top of your chart. However, this can mean that people know personal information about you. Just be aware of this.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want to travel or get out of town. Basically, you want to break free from your routine. You also need to talk to someone.

Pisces
Feb. 20 - March 20
Discussions about shared property or differing values might take place today. The problem with differing values is that people do not easily change their values. Good luck!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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